

# It's Time to Check Out Robertson College.

Call 587.794.4476 or visit robertsoncollege.com to get started!

ROBERTSON  
COLLEGE

# Calgary metro

**REMEMBERING CHRIS**  
Nation loses half of popular TV duo  
**metroLIFE**



Your essential daily news | WEDNESDAY, AUGUST 5, 2015

High 22°C/Low 10°C Storms



ROBSON FLETCHER/METRO



## COME HAIL OR HIGH WATER

City rocked by pair of storms

**metroNEWS**

ANGELA GALIPEAULT/FOR METRO



MIKE OSTRZENSKI/FOR METRO



## Mosquitoes are back ... possibly

**NATURE**

### Pesky bugs bothering residents

**Jeremy Simes**  
For Metro | Calgary

Got bug spray? Those pesky bloodsucking mosquitoes seem to have made a comeback in Calgary — depending on who you ask.

Many Calgarians took to social media to vent about their confrontations with the pests over the long weekend, some blaming earlier news reports about how the bugs were “virtually non-existent” so far this summer as a jinx.

But the city says mosquito populations have hardly spiked

and actually remained relatively stagnant since the beginning of mosquito season.

“They’re not really making a comeback,” said Jim Watts, who runs the city’s mosquito program. “What people might be seeing out there is localized population increases.”

In fact, Watts said there were about 20 mosquitoes per testing site last week and about 25 during the week before.

Inglewood resident Tara O'Donovan begs to differ, saying the bloodsuckers caught her by surprise Saturday evening.

“All of a sudden they descended on us in a swarm ... and I proceeded to get eaten alive.”

It wasn't clear how Tuesday's barrage of hail would affect the mosquito population.

**MORE CALGARIANS WEIGH IN: PAGE 4**



toyota.ca

## Before it's a fence, it's forty-five 2x4s.

With an available powerful and efficient 381hp 5.7L V8 engine and bigger front brakes than any other half-ton pickup, Tundra is tough enough for any project.

**TUNDRA**



TOYOTA



## IN BRIEF

### Motorcycle crash leaves man in life-threatening condition, woman dead

A young woman was killed and an older man was fighting for his life in hospital after a motorcycle crash south of Longview Tuesday morning.

Paramedics responded to the crash site on Highway 22 between Highway 532 and Highway 540, at approximately 786 Avenue West, just before 9 a.m.

A female rider, 18, was declared dead at the scene while the other rider, a 60-year-old man police believe to have been the driver of the motorcycle, was flown by STARS air ambulance to the Foothills Medical Centre in Calgary in life-threatening condition.

The deceased woman's identity has not been released. METRO

### Woman charged in 2014 death of two-year-old boy

A 29-year-old Alberta woman has been charged with second-degree murder in the death of a toddler.

Mounties say the two-year-old boy died in a Calgary hospital on Sept. 25, 2014.

Police say the child was in the care of the woman when he was admitted seven days earlier.

The woman, who resides on the Tsuu T'ina First Nation, was arrested last Friday. She was scheduled to appear in court Tuesday morning. Police aren't releasing the woman's name. THE CANADIAN PRESS

### Weekend collisions are down, says RCMP

Alberta Mounties say fewer motor vehicle collisions were reported to RCMP over the August long weekend than last year.

Cpl. Hal Turnbull says there were 264 crashes between Friday and Monday. That compares to 304 collisions over the same time period in 2014. The number of injury accidents was about the same.

Stats on the number of people cited for impaired driving were not immediately available. The RCMP collision numbers do not include communities that have their own police forces. THE CANADIAN PRESS



Staff Sgt. Martin Schiavetta displays some of the items found during the search, including thousands of dollars in cash in 42 different currencies, methamphetamine and replica handguns. LUCIE EDWARDSON/METRO

# Two men charged in drug trafficking bust

## INVESTIGATION

### Motorcycle, drugs, guns and \$11,645 seized by CPS



Two men are facing drug-trafficking charges after Calgary police executed a search warrant

in the city's northeast.

Staff Sgt. Martin Schiavetta said the CPS Drug Unit and Tactical Unit searched a residence located in the 300 block of Taralake Way NE on July 28, 2015, and located drugs, weapons, cash, and stolen property.

"They were certainly active in trafficking drugs in and around the place where the search warrant was executed," he said. "At this time, we don't think they are involved in a larger trafficking operation."

Some of the items seized by

police include: \$11,645 in cash in 42 different currencies, 104.6 grams of methamphetamine at an estimated value of \$10,460, three replica hand guns as well as scales and packaging material.

Schiavetta said police also seized a stolen motorcycle in the bedroom of the fourth floor apartment.

"It's really something we don't see every day, where you take a motorcycle up an elevator," he said.

Gurnazbir Singh Sandhu, 25, of India, faces multiple charges including possession of methamphetamine for the purpose of trafficking, possession of proceeds of crime and possession of a weapon for a dangerous purpose.

Schiavetta said Sandhu was in Canada on a five-year student

## COURT DATE

Both Gurnazbir Singh Sandhu and Richard Julies Rysdale are scheduled to appear in court on Aug. 7.

visa that expired eight months ago and after the court proceedings he could be deported.

Richard Julies Rysdale, 28, of Calgary, also faces multiple charges including possession of methamphetamine for the purpose of trafficking, possession of cocaine for the purpose of trafficking and possession of proceeds of crime.

CPS thanked the Canadian Border Services Agency in their release for their assistance with the investigation.

## ECONOMY

# Minister dismisses criticism from PM

Alberta's finance minister says he is concentrating on governing the province and not what's being said on the federal campaign trail.

Joe Ceci made the remarks in response to Prime Minister Stephen Harper's criticism of the provincial NDP government Monday.

During a stop in Laval, Que., Harper took shots at Alberta Premier Rachel Notley, whose New Democrats put an end to years of Progressive Conservative rule in Harper's home province with their surprise majority victory in May.

That victory has since seemed to help boost the fortunes of Thomas Mulcair's federal New Democrats, who have enjoyed a steady rise in the polls.

Hoping to take the shine off that win, Harper criticized several of Notley's decisions Monday including her choice to delay a provincial budget until October, to raise corporate income taxes and to replace the province's flat income tax for individuals with a progressive tax system.

"The new NDP government — they can't present a budget, but what was the first thing they did? They raised taxes, and that's ... an absolute disaster," Harper said.

He did not mention that his own government briefly delayed its budget in the spring because the crash in oil prices had led to unforeseen fiscal gyrations.

The Alberta government is seeking public comments on the budget until Sept. 14.

Ceci is to present the budget sometime after the legislature reconvenes Oct. 26.

"I'll leave comments like Mr. Harper's to the campaign trail," Ceci said Tuesday in Calgary.

"I've done my election. We're here now, and we're governing. And Albertans seem to like what we're doing."

Brian Jean, the leader of the Wildrose Opposition, responded to Harper's comment with his own attack on the Alberta NDP.

"In just a few short months and before we've even seen a budget, Notley's NDP have delivered body blows to an already reeling economy," he said in a release. TORSTAR NEWS SERVICE/ THE CANADIAN PRESS

# Tragedy strikes couple just days before wedding

## BOATING ACCIDENT

### Woman's body found on beach, fiancé presumed dead

Kamber Lindenbach and Wayne Stertz were just days away from their wedding when they decided to go boating over the August long weekend, a trip that ended in tragedy.

The Calgary couple has been identified by family and friends as the people involved in Sunday's fatal incident on McGregor Lake.

"Their relationship could be a romance novel, it was so spectacular," said Tanya Maksymic, who was friends with Lindenbach for the past five years.

"He made her feel like a princess and she loved him deeply."

RCMP officers were called to the lake, about 100 kilometres southeast of Calgary, late Sunday afternoon to investigate a boat drifting.

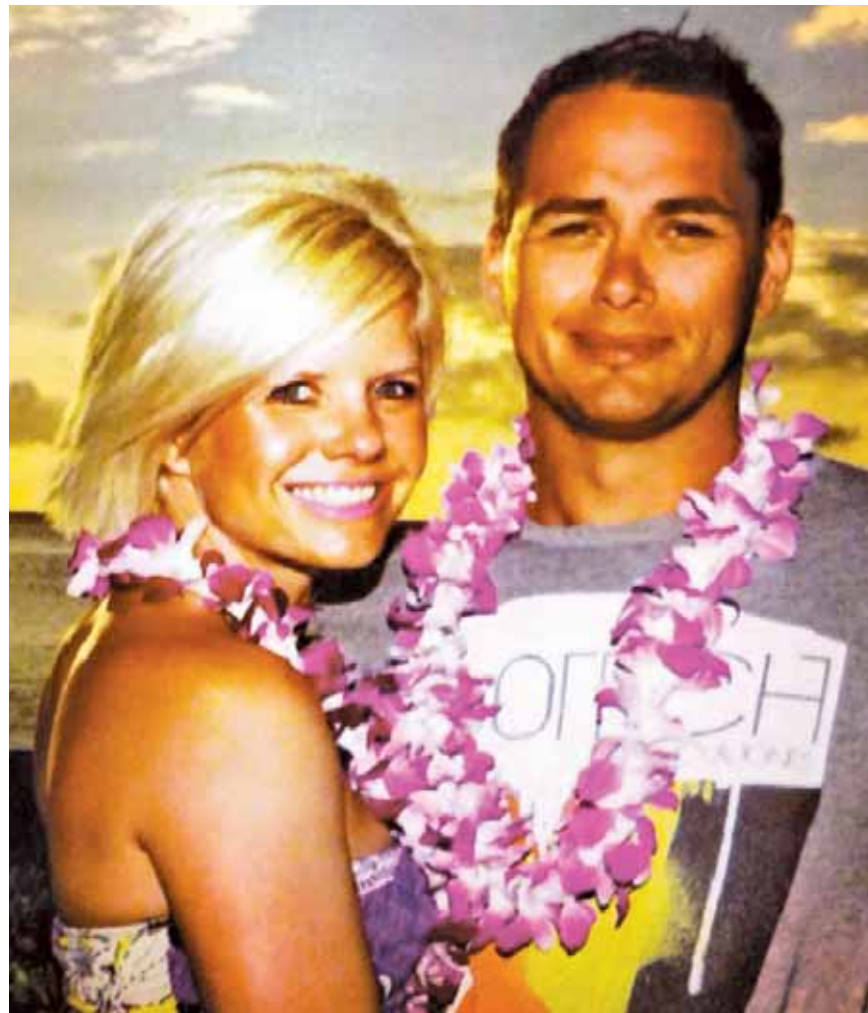
Witnesses said a man and woman had been seen launching the same boat earlier in the day.

A short time later, a woman's body was found on a nearby beach and police undertook an "exhaustive" search for the missing man before finally calling off the effort on Monday.

Bernice Stertz, Wayne's grandmother, said Tuesday the family believes he is dead and is still grappling with the loss.

She described her grandson as an active and loving young man.

"All I can say is that he was



Kamber Lindenbach and Wayne Stertz have been identified as the couple involved in a fatal boating trip Sunday on Lake McGregor, about 100 kilometres southeast of Calgary. FACEBOOK

one of the best boys around," she said.

Reached by phone in Cranbrook, Lindenbach's uncle said

her family is rallying together during this difficult time.

He said the family did not know Stertz well, but said the

couple was to wed in "an intimate ceremony" in a few days.

Lindenbach was a personal trainer and fitness model ori-

**“(Kamber Lindenbach) had her beautiful fiancé. Her wedding was days away.”**

Tanya Maksymic

ginally from Golden, B.C., who had since moved to Calgary.

"Kamber was the type of person that made everybody feel like you were her best friend," Maksymic said.

"Her whole career was based on making people see the beauty in themselves."

Lindenbach had seen her share of struggles. In 2003 she survived a serious car accident and in 2011 she lost a brother.

"She finally came into her own recently," Maksymic said.

"She had her beautiful fiancé. Her wedding was days away. She just picked up her wedding dress on Tuesday. Her back surgery was moved up."

Lindenbach's uncle said her mother Irene is now going through the unimaginable pain of losing a second child and "can barely get a few words out before breaking down."

McGregor Lake, a reservoir in Vulcan County, is a popular fishing and recreation destination and includes a campground maintained by Alberta Parks.

Any additional witnesses who saw the boaters or may otherwise have information about the incident is asked to call the Vulcan RCMP Detachment at 403-485-2267.

LUCIE EDWARDSON AND AARON CHATHA/METRO

## WEATHER

### Calgary pounded by storms



**Robson Fletcher**  
Metro | Calgary

Two separate storms rocked Calgary Tuesday afternoon and early evening, dumping huge amounts of rain and hail across the city.

Roads were closed as underpasses flooded, power was knocked out in numerous buildings and hundreds of people reported emergencies.

Between 5:30 and 7 p.m., the city recorded a total 630 calls to 911, resulting in 440 dispatches of emergency crews, said Sue Henry, deputy director of the Calgary Emergency Management Agency.

From 5:30 p.m. to 6 p.m., Henry said, there were 246 calls, six times the average call volume to 911 at that time of day.

Henry said there were no reported injuries but the roof of one residential complex in the city's northeast was ripped off by gusting winds.

"Some manhole covers were blown off of their foundations during the peak of the storm," she added.

Environment Canada meteorologist Ron Mark said thunderstorms developed in the foothills in the mid-afternoon and the first one to hit the city blew through north Calgary just before 5 p.m.

A second storm then passed through the southern part of the city.

Environment Canada ended its severe thunderstorm warning at 8:12 p.m. Tuesday, but Mark said more wet weather may be on the way.

"We are looking at thunderstorms to redevelop ... along the southern foothills again," he said.

— WITH FILES FROM AARON CHATHA



Ask about our evening classes!

## DID YOU KNOW THAT PARALEGALS IN ALBERTA EARN A MEDIAN WAGE OF \$25/HR\*?

Apply to the **Paralegal** program today you can become an essential member of the legal industry in just over a year! Classes start soon.

Financial assistance may be available to qualified applicants.

\* Source: jobbank.gc.ca

### Reeves College also offers programs in:

- Accounting & Payroll Administration
- Addictions & Community Services Worker
- Business Administration Management
- Computer Graphic Design
- Medical Office Administration
- Oil & Gas Administration
- And More!

**1 800 533 1457 study.reevescollege.ca**  
Two campuses in Calgary to better serve you!



## SKEETER STREETER

# Been a mosquito-y summer in the city?



JENNIFER FRIESEN/FOR METRO



For the first part of the summer, there were no mosquitoes, and in the last couple of weeks — boom! They're all over the place. They're so gross.

Ashley MacDonald

I was out in my backyard, and there were mosquitoes everywhere, when all summer long they've been nowhere to be found. It's annoying, but they always are, I guess.

Natasha Hagel



JENNIFER FRIESEN/FOR METRO

No, I haven't noticed any at all. They're a pain usually in May, and this year I haven't really seen them. No one likes mosquitoes; they're annoying.

Andrea Ashworth



JEREMY SIMES/FOR METRO



There hasn't been a huge amount. The dog park is bad at night, and that's about it. I'm not complaining.

Benjamin Lee



JENNIFER FRIESEN/FOR METRO



Some Calgarians say they've needed to go heavy on the bug spray lately, after what had previously been a relatively mosquito-free summer. JENNIFER FRIESEN/FOR METRO

## Mixed messages on mosquito situation

## PEST CONTROL

### Despite city's low skeeter count, some not buying it



Jeremy Simes  
For Metro | Calgary

Some say they're back with a vengeance, while others haven't noticed a bite.

According to Jim Watts, who runs the city's mosquito program, mosquito populations have remained incredibly low

throughout the spring and summer months.

But some Calgarians aren't buying it.

Garrison Woods resident Sean Maxwell said he didn't notice the blood-suckers for most of the summer until he confronted a swarm in his backyard over the weekend.

He said the pests were atrocious, similar to those he experienced after the 2013 flood.

"They were actively feeding, too," he said. "They usually don't bother me too much, but they made a meal out of me before I gave up and went indoors."

Maxwell isn't alone: Inglewood resident Tara O'Donovan



We won't be able to enjoy our backyard until the mosquitoes are gone.

Tara O'Donovan

also saw the pesky bugs emerge over the weekend, after hardly seeing a single skeeter throughout the summer.

"It's unfortunate," she said. "We won't be able to enjoy our backyard until the mosquitoes are gone."

O'Donovan will likely have to load up on the bug spray, she said, adding it'll hardly be as effective for her kids, who like to play in the family's wading pool.

Even though the city's measurements are barely registering the pests, Watts said he isn't shocked people are being bit in certain areas — like backyards and some parks — that don't get spot tested.

Mosquito populations should generally decline but might jump slightly between the end of August and September, he said, adding that the large population of insect predators should help consume any possible influx.

## COMMUTER CORRIDOR

## Work starts on Glenmore-Ogden interchange



Robson Fletcher  
Metro | Calgary

Major construction began Tuesday on the new Glenmore Trail interchange at Ogden Road, a project that will create free-flow traffic and eliminate the need for motorists to wait for trains.

"This project will increase capacity on one of Calgary's busiest

commercial and commuter corridors at a location that is one of the most significant bottlenecks on a major roadway," the city said in a blog post.

Once the project is complete, traffic on Glenmore Trail will flow uninterrupted with no signal lights between Barlow Trail S.E. and Sarcee Trail S.W.

"It will improve the livability of the great neighbourhoods of Millican-Ogden and Riverbend

by easing congestion, improving connectivity and reducing cut-through traffic," Coun. Gian-Carlo Carra said in a statement.

It will also create a passage for the eventual southeast leg of the Green Line of the LRT, connecting the southeast to the downtown, Carra added. Detours will be in place while work on the \$125-million project is underway.

The interchange is expected to open in late 2017.



A rendering of the new interchange. CONTRIBUTED

## IN BRIEF

### Man charged in relation to July bank robberies

Calgary police have charged a man in connection with the two bank robberies that occurred in the city's northwest last month.

The first bank robbery was on July 11. At about 1:30 p.m., a male suspect entered the First Calgary Financial located in the 800 block of Crowfoot Crescent N.W. The robber presented a note to the teller and was given

an undisclosed amount of money before fleeing.

The second bank robbery took place on July 13 at the TD Canada Trust branch located in the 5,000 block of Dalhousie Drive N.W. Again, the suspect presented a note to the teller and was given an undisclosed amount of money before fleeing.

Tristan Brody Nickel Parkes, 19, was arrested on Monday and is now facing charges. METRO



**FACTORY  
AUTHORIZED  
CLEAROUT  
EVENT**

**0%**  
PURCHASE  
FINANCING<sup>†</sup>

AND GET UP TO  
**\$7,000**  
IN PRICE ADJUSTMENTS<sup>‡</sup>  
AVAILABLE ON  
THE 2015 SONATA HYBRID

**BEST  
DEAL OF  
THE YEAR!<sup>Δ</sup>**

## THE 2016 ELANTRA SE

INCLUDES GL FEATURES + SPORT APPEARANCE PACKAGE AT NO EXTRA CHARGE



POWER SUNROOF ✓



16" ALLOY WHEELS ✓



FOG LIGHTS ✓



REARVIEW CAMERA ✓

A  
TOTAL VALUE  
OF  
**\$1,800**

+

PRICE  
ADJUSTMENTS  
OF  
**\$3,200<sup>‡</sup>**



Sport Appearance Package  
model shown ♦

HWY: 6.3L/100 KM  
CITY: 8.5L/100 KM\*

ALL WITH  
AWARD-WINNING SAFETY



A COMBINED TOTAL OF  
**\$5,000**  
IN VALUE SAVINGS

**0%**  
FINANCING<sup>†</sup> FOR  
48 MONTHS

—PLUS—

### 5-YEAR COMPREHENSIVE LIMITED WARRANTY<sup>††</sup>

ON ALL HYUNDAI MODELS



AUTOMOBILE JOURNALISTS  
ASSOCIATION OF CANADA  
**2015 BEST NEW  
FAMILY CAR**  
(OVER \$30,000)



Sport 2.0T model shown ♦

**THE ALL-NEW  
2015 SONATA**

HWY: 7.4L/100 KM  
CITY: 10.4L/100 KM\*

UP TO **\$4,000**  
IN PRICE ADJUSTMENTS<sup>‡</sup>



Limited model shown ♦

**2015 SANTA FE  
SPORT**

HWY: 9.8L/100 KM  
CITY: 12.9L/100 KM\*

UP TO **\$4,000**  
IN PRICE ADJUSTMENTS<sup>‡</sup>

Visit [HyundaiCanada.com](http://HyundaiCanada.com) for details on our entire line-up!

**5 YEAR  
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty<sup>††</sup>  
5-year/100,000 km Powertrain Warranty  
5-year/100,000 km Emission Warranty  
5-year/Unlimited km 24 Hour Roadside Assistance



SEE YOUR DEALER  
FOR DETAILS

<http://www.hyundaicanada.com/my1st>



**HYUNDAI**  
HyundaiCanada.com

NEW THINKING.  
NEW POSSIBILITIES.\*



ALBERTA MOTOR VEHICLE  
INDUSTRY COUNCIL

©/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. \*Based on the 2009-2015 Global Automakers of Canada (GAC) Sales report. ΔBased on January to July 2015 Sonata Hybrid offers available. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2016 Elantra Sport Appearance Package Auto/2015 Sonata Hybrid Base with an annual finance rate of 0%. Weekly payments are \$88/\$150 for 48/36 months. \$0 down payment required. Cost of Borrowing is \$0. Finance offer includes Delivery and Destination of \$1,595/\$1,695. Finance offer excludes registration, insurance, PPSA, fees, levies, license fees, applicable taxes and dealer admin. fees of up to \$499. Fees may vary by dealer. ‡Price adjustments of up to \$3,200/\$4,000/\$4,000/\$7,000 available on all new 2016 Elantra Sports Appearance Package/2015 Sonata GLS Auto/2015 Santa Fe Sport 2.0T Sport and Premium AWD/2015 Sonata Hybrid models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Prices of models shown: 2016 Elantra Sport Appearance Package/2015 Sonata Sport 2.0T/2015 Santa Fe Sport Limited AWD are \$21,394/\$32,694/\$41,644. Prices include Delivery and Destination charges of \$1,595/\$1,695/\$1,795. Prices exclude registration, insurance, PPSA, fees, levies, license fees, applicable taxes and dealer admin. fees of up to \$499. Fees may vary by dealer. ▼Fuel consumption for new 2016 Elantra Sport Appearance Package Auto (HWY 6.3L/100KM; City 8.5L/100KM); 2015 Sonata Sport 2.0T (HWY 7.4L/100KM; City 10.4L/100KM); 2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †♦Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited. Visit [www.hyundaicanada.com](http://www.hyundaicanada.com) or see dealer for complete details. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program ([www.SaferCar.gov](http://www.SaferCar.gov)). ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Dealers are licensed under the Fair Trading Act.



Prime Minister Stephen Harper picks up chicken wings while grocery shopping with his son, Ben, on Tuesday in Toronto.

PAUL CHIASSON/THE CANADIAN PRESS

# PM dangles tax credit

## FEDERAL ELECTION

### Tories promise home reno tax break when economy allows

Stephen Harper has delivered the first big-budget promise of the Conservative election campaign: a permanent home-renovation tax credit that will cost taxpayers \$1.5 billion a year once implemented.

However, Harper says the credit — a more modest version of a temporary credit the government first introduced in 2009 — won't be introduced until economic circumstances permit, perhaps the middle of

a Tory mandate.

While the original credit applied to renovation costs of up to \$10,000, the ceiling for the permanent credit has been lowered to \$5,000.

Speaking at a campaign event in Toronto, Harper said the credit, which would apply to renovation work done on houses, cottages and condominiums owned for personal use, would also help to create jobs in the construction sector and pump billions of dollars back into the Canadian economy.

Some three million Canadians have taken advantage of the opportunity to make renovations in the last six years.

"Young parents renovated rooms as nurseries, empty-nesters converted rooms for

**"I am staying focused on Canadians."**

Justin Trudeau,  
Liberal leader

other uses, older Canadians made changes to remain independent in their own homes," Harper said.

"The renovation tax credit helps every homeowner, regardless of income. I know Justin Trudeau doesn't think every family deserves help, but we do."

Interestingly, Harper's propensity for referring to Trudeau by his first name only seemed

to be a dominant theme on the campaign trail Tuesday.

Asked about it, the prime minister said it's something he does occasionally, but only because that's the way the Liberals have chosen to brand their own leader.

Trudeau himself, who unveiled the Liberal campaign bus at an early rally in Mississauga, Ont., shrugged it off as a distraction from the fact that the Conservatives have allowed the economy to slide into a recession.

"The fact is, I am staying focused on Canadians and what they need," Trudeau said.

The NDP's Tom Mulcair was scheduled to attend an event later Tuesday in Montreal.

THE CANADIAN PRESS

## ABBOTSFORD, B.C.

### City, not homeless, is to blame: Lawyer

The City of Abbotsford is wrong to criminalize the homeless with bylaws that prohibit people from setting up camps in public spaces, a lawyer argues.

David Wotherspoon, with the Pivot Legal Society, said the city has discriminated against the homeless through various measures including dumping chicken manure on an encampment.

He wants a B.C. Supreme Court judge to declare such tactics unconstitutional.

The city is blaming the homeless for leaving human waste at camps but isn't providing needed services, Wotherspoon told Chief Justice Christopher Hinkson on Tuesday.

"People make garbage, people have to urinate, people have to defecate. They have to do it somewhere," he said.

"Blaming Abbotsford's home-

less for the existence of those circumstances is, effectively, blaming the victim."

"There are real choices being made, but those are choices that relate to the city — the choice not to provide a variety of services."

Wotherspoon has told the trial that police have pepper sprayed the homeless and city workers dumped chicken manure on a campsite.

The War Drug Survivors represent at least 151 homeless people and maintain that the city's 25 available shelter beds can't accommodate everyone.

Abbotsford has presented evidence suggesting more housing is available, but the group counters that most of the spaces are difficult to access, especially for drug addicts.

THE CANADIAN PRESS

## IN BRIEF

### Cabbie facing charges after passengers rammed

A Montreal cabbie who allegedly hit two people on purpose with his vehicle was arraigned Tuesday on seven charges, including dangerous driving and criminal negligence.

Nick Forlinano-Gauthier, 32, allegedly struck the two men for failing to pay their fare as they got out of the taxi on Monday.

An 18-year-old suffered head injuries, while a 20-year-old was also taken to hospital with less serious wounds.

THE CANADIAN PRESS

### Montreal SPCA seizes exotic birds from store

More than 550 exotic birds have been seized from a pet store and breeding facility, the Montreal SPCA said Tuesday.

The organization said in a statement it decided to remove them under the Criminal Code as they were lacking critical care. Several of the birds seized last Thursday were already dead.

The birds were being kept for sale, many of them having been caught in the wild in other countries and imported into Canada.

THE CANADIAN PRESS

# TAKE THE LEAP.

Don't let fear get in the way of your new life without glasses or contacts. Get all the facts at [lasikmd.com](http://lasikmd.com)

Starting at \$490/eye\*

**LASIK MD**  
VISION

Book a free consultation at 1-855-301-2020 or [lasikmd.com](http://lasikmd.com)



\*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490 per eye and Custom LASIK starting at \$1,690/eye. Other conditions may apply.



Investigators inspect the site of a circus tent that collapsed Monday during a show by the Walker Brothers International Circus at the Lancaster Fair grounds in Lancaster, N.H.

JIM COLE/THE ASSOCIATED PRESS

## Two die in tent collapse

### CIRCUS

### Unclear why show went on during weather warning

Fire officials said Tuesday it's not clear why a circus operator in eastern United States proceeded with a show minutes after the National Weather Service put out a severe storm warning.

Strong winds collapsed the circus tent, killing two spectators and sending about 32 others to hospitals.

New Hampshire's fire marshal Bill Degnan said it's the responsibility of the circus operator to monitor the weather.

The show started seven minutes after the storm warning Monday afternoon some 90 miles (145 kilometres) north of the state capital Concord.

The storm blew through

with about 100 people inside the tent.

"I see these very large metal poles that are in the ground and go through the top of the tent; I see them starting to come out of the ground and fly up, into the air toward us," witness Heidi Medeiros, attending with her three-year-old son, told a local TV station. She said 10 to 30 seconds later, the pole slammed onto the bleacher where she and her son had been sitting.

The circus operator, Florida-based Walker International Events, did not provide immediate comment.

Walker's president, John Caudill Jr., has a history of transgressions, primarily while operating another company, Walker Brothers Circus, Inc.

A decade ago, Caudill and his associates agreed to pay a \$25,000 fine for a series of violations while operating without an Animal Welfare Act license. THE ASSOCIATED PRESS

### RELIGION

## Mormons publish pic of sacred stone

The Mormon church for the first time is publishing photos of a small sacred stone it believes founder Joseph Smith used to help translate the story that became the basis of the religion.

The pictures of the smooth, brown, egg-sized rock are part of a new book that also contains photos of the first printer's manuscript of the Book of Mormon. Officials with The Church of Jesus Christ

of Latter-day Saints unveiled it Tuesday at a news conference in Salt Lake City.

It's the religion's latest step in a push to be more transparent about its history and tenets. The church's effort in recent years to be more open about its past was triggered by the religion's increasing prominence as its membership tripled over the past three decades to 15 million worldwide today. Questions emerged

about the burgeoning faith, with some criticizing it for being secretive about its beliefs and practices.

Mormons believe that 185 years ago, Smith found gold plates engraved with writing in ancient Egyptian in upstate New York. They say that God helped him translate the text using the stone and other tools, which became known as the Book of Mormon.

THE ASSOCIATED PRESS



The sacred stone of Joseph Smith. THE ASSOCIATED PRESS

TOP DOLLAR FOR TRADES! YES WE CAN FINANCE EVERYONE! 100% FINANCING AVAILABLE!

AUG 1 - AUG 31, 2015

# TRADE IN TRADE UP

SUMMER CLEARANCE EVENT

| Vehicle                             | MSRP     | Now Only |
|-------------------------------------|----------|----------|
| 2015 RAM 1500                       | \$40,860 | \$39,995 |
| 2015 JEEP GRAND CHEROKEE LAREDO 4X4 | \$31,888 | \$31,888 |
| 2014 CHRYSLER TOWN & COUNTRY        | \$27,888 | \$27,888 |

YOUR DESTINATION FOR THE LARGEST SELECTION IN CALGARY!

| Vehicle                          | MSRP     | Now Only |
|----------------------------------|----------|----------|
| 2013 DODGE DURANGO CITADEL       | \$39,599 | \$27,200 |
| 2012 DODGE DURANGO HEAT          | \$25,888 | \$19,700 |
| 2009 DODGE JOURNEY SKT           | \$24,995 | \$10,700 |
| 2014 RAM 1500 SLT QUAD 4X4       | \$37,995 | \$22,600 |
| 2014 JEEP GRAND CHEROKEE LTD 4X4 | \$39,995 | \$23,700 |
| 2012 VOLKSWAGEN TIGUAN 2.0       | \$16,888 | \$11,800 |

**RENFREW** 80 years  
YOUR DOWNTOWN CHRYSLER CONNECTION

**RENFREWCHRYSLER.COM**  
1.888.861.7964  
1920 PUMPHOUSE RD SW

Pricing does not include GST. Vehicles may not be exactly as shown. \$0 Down, 5.99% interest rate, OAC. Qualifications 2014 & 2015 - 96 mths, 2012 & 2013 - 84 mths, 2010 & 2011 - 72 mths, 2007 to 2009 - 60 mths. #11230 OAC (4.99%, 96 MONTHS, CDB \$2671 AND TDB \$37302. See Dealer for details. \$10,000. \*\*Stake 141764A 2011 Grand Cherokee, 5.30% for 60mths, CDB-\$1704.29, TDB-\$13444.20. Monthly payments based on the following eg. 59k 11370 2014 Chrysler 200 LTD CDB \$5337.81, TDB \$34,066.76 at 4.99% for 96 months. OAC

### SANDRA BLAND

## Family sues police

The family of a black woman found dead in a Texas jail three days after a confrontation with a white state police officer filed a wrongful-death lawsuit Tuesday against the officer and other officials, saying it was a last resort after being unable to get enough information about the case.

Sandra Bland, a Chicago-area woman, died by what authorities say was suicide in her Waller County jail cell on July 13. Her family and others previously questioned that,

and criticized the trooper who stopped her for failing to signal a lane change.

The lawsuit contends Encinia falsified the assault allegation to take Bland into custody, that Waller County jail personnel failed to keep her safe and free from psychological injury or harm, and that she was placed in a cell "with a variety of inappropriate items for a jail cell, including a large garbage can, garbage bags, exposed beams, cords, and other items." THE ASSOCIATED PRESS

**IN BRIEF****Air Canada, other airlines ban hunting trophies**

Air Canada says it will no longer carry big-game hunting trophies from lions, leopards, elephants, rhinoceros and water buffalo after the killing of Cecil the lion. Air Canada joins at least a half-dozen other airlines that have banned the transportation of big-game trophies in the past two weeks, including Air France, Delta Air Lines and Qantas. Other airlines, including Emirates, Lufthansa and British Airways, brought in a similar ban in April.

THE CANADIAN PRESS

**market minute**

**DOLLAR**  
75.87¢ (-0.58¢)

**TSX**  
14,491.05 (+22.61)

**OIL**  
\$45.74 US (+57¢)

**GOLD**  
\$1,090.70 US (+\$1.30)

**NATURAL GAS:** \$2.812 US (+6.4¢)  
**DOW JONES:** 17,550.69 (-47.51)

# Low loonie helps retailers

**BACK-TO-SCHOOL SHOPPING**

## Canadians likely to spend more at home: Ernst & Young

The falling loonie is expected to help boost the bottom lines of Canadian retailers heading into the back-to-school season.

There will be an expected four per cent increase in back-to-school spending in Canada this year, according to global professional services firm Ernst & Young.

The lower Canadian dollar likely means consumers will be making their purchases closer to home, said Daniel Baer, Ernst & Young's Canadian retail and consumer products sector leader.

"We do expect fewer dollars to be spent cross-border. And when we say that, (we are referring to) people who physically go cross-border, but also people who shop on U.S. sites," he said in a phone interview from Montreal.

Recent universal child-care



Canadian retailers may find themselves in a busy back-to-school season as a result of a weakening loonie. THE ASSOCIATED PRESS FILE

benefit payments from the federal government will also likely translate into additional disposable income for consumers to devote to back-to-school spending, said Baer. On the flip side, inflation, higher housing

costs and economic uncertainty may curb the appetite among consumers to spend.

British Columbia and Ontario will lead sales, while the Maritimes and Quebec will continue to lag behind the

national average, with little growth expected.

Meanwhile, Alberta and Saskatchewan, which are typically leaders in the category, are expected to post back-to-school sales in the red.

66

## We do expect fewer dollars to be spent cross-border.

Daniel Baer,  
Ernst & Young

Baer said the changes are a "big function" of how the province is performing economically. He pointed to Alberta, which previously saw a retail sales growth higher than the national average due in part to employment levels and oil prices.

"Their economy was growing that much faster because of economic activity, influx of people into the province and a very low unemployment rate," Baer said.

"Since the price of oil has declined, it's certainly had an impact in terms of the disposable income that the Alberta consumer has, but it also has an impact in terms of the economic stability that the Alberta consumer feels."

THE CANADIAN PRESS

**EUROPEAN UNION**

## Greek bank shares dive further

Greece's government conceded Tuesday that dissent within the ruling party was likely to force an early election, while bank shares plummeted again on the stock market, which reopened this week after a long closure.

The government is relying on opposition party support for approval in parliament of new austerity measures demanded by bailout lenders, following a revolt by nearly one fourth of its own lawmakers.

Government spokeswoman Olga Gerovasili said the government would not form a national unity government and described early elections as "likely."

The political outlook appears tenuous, with Panagiotis Lafazanis, a prominent dissenter



Panagiotis Lafazanis.

THE ASSOCIATED PRESS

and lawmaker of the ruling Syriza party, urging colleagues to join him in voting against the government when the bailout deal is brought to parliament.

"I personally will not vote for a new bailout that will con-

tinue to destroy the country and hurt its people," Lafazanis told Real FM radio. "Syriza lawmakers must fight to the last minute to stop the government signing a third bailout."

Amid the uncertainty, the main stock index lost another 1.2 per cent Tuesday, the second day the market has been open following a five-week shutdown. Most shares traded higher but banks tumbled, once again hitting the 30 per cent lower trading limit.

European markets were unaffected by the Greek market nosedive, however, which Italian Finance Minister Pier Carlo Padoa-Schioppa described as "normal market behaviour in exceptional circumstances."

THE ASSOCIATED PRESS

**SECOND CUP**

## Chain adding speciality outlets

The Second Cup Ltd. says it's beginning to add more new-format locations to its network of specialty coffee cafés, which continued to lose money during the company's second quarter.

It says two new-format locations were added in July and a rollout of the new format will

be accelerated.

The company says sales of the first new-format location in downtown Toronto have exceeded Second Cup's expectations but systemwide sales declined to \$43.7 million in the second quarter, down 4.6 per cent from \$45.8 million last year.

Second Cup is in the midst of a three-year transformation, which has included the corporate take-back of underperforming locations and a number of product and business innovations that it says will drive a return to sales growth and profit.

THE CANADIAN PRESS

## Hail damage? **CARSTAR** Collision & Glass Service

**CARSTAR offers:**

- Painless dent repair service
- A Lifetime Nationwide Warranty serviced by over 225 locations across Canada
- Approved by most major insurance companies
- Comprehensive claims and rental car assistance
- Repairs to all makes of vehicles to the manufacturers' standards



\*TM AIR MILES International Trading, B.V. Used under licence by Loyalty Management Group Canada Inc.



## metro's election explainer

# Why do American campaigns start so early and cost so much?

While Canadians are busy debating the merits of an extra-long federal-election campaign, Republican candidates for U.S. president are literally debating.

On Thursday, 15 months before election night, a field of 10 presidential hopefuls will take the stage in Cleveland. Many Canadians wary of longer federal campaigns have cited the spectre of the U.S.'s interminable and money-flooded electoral process. In that light it's worth taking a closer look.

### 1. WHY SO LONG?

Unlike Canada, where the prime minister is the leader of the party that wins the

most seats in the House of Commons, the U.S. elects its president separately from its legislators, in a vote between the nominees of the Republicans and the Democrats.

The nominees are chosen via a months-long series of state-by-state votes, called primaries, which begin in Iowa in February of the election year and run until party conventions in mid-summer.

Winning the early primaries, and thereby gaining valuable momentum that will attract the affections of

deep-pocketed donors, is extremely important to the fortunes of a presidential campaign. So candidates have an incentive to promote themselves and

their platforms as early as possible, and television networks therefore have an incentive to carry election coverage, including debates, well in advance of any actual

voting. Hence Thursday's debate, which is being presented by Fox News and comes forth months before the first vote of primary season.



### 2. WHY SO EXPENSIVE?

Among other factors (e.g., an uncommonly large and spread-out electorate, a legal tradition that equates political advertising with free speech) is the fact that elections have, since 1792, been fixed to the Tuesday that falls between the 2nd and 8th of every fourth November.

Because everyone knows when the big vote will take place, campaigns and stakeholders can plan their paid publicity well in advance and raise funds accordingly.

This is what worries many Canadians, now that we have a fixed-election-date law of our own.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at [readers@metronews.ca](mailto:readers@metronews.ca).

# Sweet peas: 150-year-old study offers rich reward

## THE SCIENCE

Stephanie Orford



This year marks the 150th anniversary of Moravian monk Gregor Mendel's first presentation of his seminal paper on pea-plant genetics, and the effects have been mind-boggling.

Genetics has spurred discoveries across almost every scientific discipline, all cascading from Mendel's discovery of the gene, the basic unit of inheritance.

Cutting-edge genetics research is happening in Canada. Last year, researchers at the Michael Smith Genome Sciences Centre treated a Vancouver woman's late-stage colon cancer through a pilot project to tailor cancer treatments to individual patients.

The woman had enrolled in an experimental program to treat cancer according to its

unique genome.

Genomics, the study of an organism's full set of genetic material, has been made more efficient through rapidly evolving technologies for DNA sequencing.

Twelve years ago it cost \$2.7 billion to sequence one human genome. Now it costs about \$1,000.

By decoding the genetic blueprint of the cancer patient's particular tumour, her doctors identified a protein that was crucial to its growth. They realized that this protein's actions could be stopped by a widely available blood-pressure pill.

The treatment the doctors identified put her cancer into complete remission in five weeks, and it wouldn't have been possible without genomics.

Nor would it be possible, as it now is, to prevent a child with the rare genetic condition called phenylketonuria from developing

## It's a crucial tool that will help humanity take on the biggest challenges of the coming decades

brain damage, by giving her a diet without one particular amino acid.

The list of tangible, appreciable benefits goes on and on.

Consider:

- Diabetics now pay less for better maintenance of their condition thanks to higher-quality insulin produced with genetically engineered bacteria.
- The Canadian canola industry has reduced its carbon emissions by one million tonnes per year since the '90s when it started planting canola crops genetically modified to tolerate herbicides.
- At the end of July, the Strategic Salmon Health Initia-

tive — which does research assessing the health of the wild and farmed salmon we fish, sell and eat — began the implementation phase for a new technology that assesses the microbes on wild and farmed salmon. The research will ultimately help us breed farmed salmon more sustainably, with genes that make them more resistant to viruses and bacteria, and less likely to spread them to the wild population.

None of these phenomena would be possible without genetics, and the applications are endless.

Genetics research today isn't just about pea plants or the colour of your eyes. It's a crucial tool that will help humanity take on the biggest challenges of the coming decades.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

## ROSEMARY WESTWOOD

### metroview

# Media already bored by just-announced election campaign

At work yesterday morning, my colleagues were fretting.

Our 11-week election campaign (78 days, moaned the anal-retentive National Post) is being greeted with pre-emptive exhaustion, they said, and all the buzz of a slowly deflating balloon.

"The media already seemed bored with the whole thing," said J. "Two papers had the headlines 'And they're off.' It just sounded like jogging or something... but this is really monumental!"

"I'm more interested in Hillary Clinton than any of our people. Why is that? That's terrible!" he added.

L. blamed the media. "Hillary Clinton is more of a celebrity."

"I think people are just fascinated with American politics," A. mused.

"Well, they make a spectacle of it," I said.

"A long campaign means it's less democratic. It's more expensive to do it and thus accessible to fewer people," L. fumed. "That's a problem. That's a democratic problem." (Stephen Harper has a hefty war-chest advantage).

"I've been hearing about the Pan Am games since November, hot and heavy all the time, but an 11-week election that actually matters — and we're torn up!" A. exclaimed.

There are benefits, she said. Namely, gaffes. "In an 11-week campaign trail there are so

many extra days for people to show who they are, accidentally, for Justin Trudeau to drop that baby he's juggling."

"I think we as the media should be trying to add more high drama to our politics," suggested J.

"We don't really tell the human stories," I agreed, a recent profile of "Vegas girl" NDP MP Ruth Ellen Brasseau notwithstanding.

"I find your conversation funny, like, 'Oh, democracy — we need to focus less on policy, more on faces!' " L. snarked.

"No. Policy too," J. countered. "There's lot of big, long serious articles in the States."

"You can't have policy without the people who are advocating for it," I added.

U.S. politics has built-in drama, J. argued. "A whole bunch of people vying for the top spot on both sides, and finally just down to two, mano a mano."

"You can't do that in a parliamentary system, and parliamentary systems are actually really good because you can have minority governments," L. pointed out.

"So, OK, that piece we can't do anything about, but there's lots of other things we can do," J. said, hopefully.

The chatter came to an unresolved close. They had a paper to put out, filled with high-drama election coverage — for another 76 days.

metro  
Your essential daily news

STAR MEDIA GROUP PRESIDENT  
John Cruickshank

VICE PRESIDENT & EDITOR  
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER  
METRO WESTERN CANADA  
Steve Shroot

MANAGING EDITOR CALGARY  
Darren Krause

ADVERTISER INQUIRIES  
[adinfo@calgary@metronews.ca](mailto:adinfo@calgary@metronews.ca)  
General phone 403-444-0136

FREE TO SHARE

PHILOSOPHER CAT  
by Jason Logan

NBODY CHALLENGES ME.  
I CHALLENGE MYSELF.





# A novel nod to comfort food

## FOOD FICTION

### Debut author pays tribute to homey meals of his childhood

**Melissa Dunne**  
For Metro

You are what you eat. This old maxim has perhaps never been as true as it is today. Starting first thing in the morning, every food and drink choice you make has become shorthand for who you are at your very core. No pressure. But, are you the type of person who grabs a double-double from the Tim Hortons drive-thru or are you the type to ride your bicycle over to the local indie café for an almond-milk latte?

Whether you live in a smaller city like Winnipeg or Halifax or a big city like Vancouver or Toronto, many Canadians now endlessly obsess over making the right food and drink choices that will ultimately communicate to everyone who follows them on Instagram: I know what food is hip and cool and current, and therefore I am hip and cool and current.

Partly in reaction to the somewhat ridiculous hipsterification of North American food culture, J. Ryan Stradal chose to focus his debut novel, *Kitchens of the Great Midwest* (Penguin Random House, \$28, out now) on the decidedly unhip food from his childhood



Food made from scratch is at the heart of the novel *Kitchens of the Great Midwest*. CONTRIBUTED

growing up in a small town in southern Minnesota.

"I tried to capture the people I grew up with that I don't see represented very often," said Stradal, 39, by phone from his home in the hipster haven known as Silver Lake, Calif.

The people he grew up with, like his grandmother, could

out-hipster any young hipster today, says Stradal. They cared about, and knew, where their food came from and, get this, they cooked much of it themselves from scratch.

"Their interest in food rivalled that of the hipsters, but without the affectation," Stradal notes.

His novel about a trendy and mysterious chef named Eva Thorvald is interspersed with recipes that highlight food made with real affection, not a practised affectation. It features what is now dubbed comfort food, such as five-ingredient peanut butter bars (see recipe at right), made by people who would simply call food "food."

That's not to say Stradal thinks making classic Midwestern recipes handed down from generation to generation is, in the parlance of our times, more 'authentic' than, say, ordering organic chicken at your local gastropub.

After all, he's a Midwestern transplant who both loves the food he grew up with, and is now personal friends with celebrity chefs and lives in what Forbes once dubbed 'America's Hippest Hipster Neighborhood.'

In his life and in his book, he makes the argument there is room at the table for everything.

## RECIPE

### Pat Prager's Peanut Butter Bars

#### Ingredients:

- 2 1/2 cups crushed graham cracker crumbs
- 1 cup melted Grade A butter
- 1 cup peanut butter
- 2 1/2 cups powdered sugar
- 1 cup milk chocolate chips with 1 teaspoon Grade A butter

#### Directions:

1. Mix together the graham cracker crumbs, melted butter, peanut butter and sugar.
2. Pat into a greased 9 by 13 inch pan.
3. Melt the chips and butter and spread them on top of the bars.
4. Set in the refrigerator until firm.
5. Cut into bars.

COURTESY PENGUIN RANDOM HOUSE

It's fine to pay \$5 plus for an almond-milk latte made by a moody barista who dons a fedora and is writing a screenplay on the side, if that's your bag. Just make sure you also leave room for a few home-made peanut butter bars every now and then.

You are what you eat and drink, but you are, at your core, also what you have eaten and drunk, what you cook and what you have had cooked for you.



### Their interest in food rivalled that of the hipsters, but without the affectation

Ryan Stradal on the people of his Minnesota roots who inspired his novel

## MCKS PRANIC HEALING EXPO

Saturday, August 15 11:00AM – 5:00PM

Pranic Healing® is a simple yet powerful & effective system of no-touch energy healing used to Balance, Harmonize and Transform the body's energy and by doing so accelerates The Natural Healing Process.



**NORTHLAND PROFESSIONAL CENTRE**

#402, 4600 CROWCHILD TRAIL NW

for more information email  
CPHA.ALBERTA@GMAIL.COM



## Be Career Ready in One Year or Less!

**ROBERTSON COLLEGE**

Programs in Health Care, Business & IT are Starting Soon. Call 587.794.4476 or visit [robertsoncollege.com](http://robertsoncollege.com) to get started.



## We want YOUR opinion!

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

[metronews.ca/panel](http://metronews.ca/panel) **metro**

# Achin' for bacon? Don't be a turkey

## NUTRITION

**Brunchers be wary of strips said to be 'better for you'**

## WORD OF MOUTH

**Theresa Albert**

myfriendinfood.com



So I'm visiting at a cottage during breakfast when one man says to another, "You should switch to turkey bacon, it's better for you," and I pipe in that I, in my nutrition wisdom, disagree.

It is a common belief that has some merit if all you are assessing is calories.

You would do slightly better with the turkey bacon, but it is a highly processed food and the most popular brands are actually higher in sodium and



carbo-hydrates (from corn syrup). I would rather see the less processed, real food grace your plate in moderate amounts.

If you really want to win the breakfast meat wars, go

for peameal (a.k.a. back bacon or Canadian bacon).

Here are the stats:

Turkey bacon (100 grams or about four slices) has 382 calories, 2,285 milligrams of sodium, 3.1 grams of carbohydrates and 28 grams of fat.

Bacon (100 grams or about four slices) contains 541 calories, 1,717 milligrams of sodium, 1.4 grams of carbohydrates and 42 grams of fat. Cook until crispy and drain on paper towel to reduce your bacon's fat content.

Peameal bacon (100 grams, about two thick slices) has 157 calories, 904 milligrams of sodium, 1.7 grams of carbohydrates and seven grams of fat.

The truth is that any of these are once a month choices, not twice a week options.

Highly salted, fried meat will never make it into nutrition heaven but it sure makes a cottage smell like it should.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

## DRINKS

# Cocktail chemistry: Mixing a margarita

## LIQUID ASSETS

**Peter Rockwell**

@therealwineguy



Chemistry was never my strong subject, so when it comes to cocktail construction I'm more than happy to cheat.

Take the Margarita. Invented in Mexico back in 1941, it proved the perfect conduit to bring tequila into the mainstream.

While you don't need to be a rocket scientist to piece together tequila, orange liqueur and lime juice, I've choked down more than a few sad attempts because I just couldn't get the flavour right.



I find using a white tequila like the silky, blue agave-based Sauza Tequila Silver (\$28.98-\$34.99) creates the best flavour balance.

I've had the most trouble finding the lime juice component. Squeezing my own isn't on the agenda, so I've tried just about every supermarket brand with varied success.

My favourite by far is from the Bacardi Mixers line. Non-alcoholic, you can find it in the frozen juice section. Blend with the booze and some ice, and you're good to go.

Prices reflect the range across the country. Some products may not be available in all provinces.

## + IN BRIEF

### Splendours of spinach

Found in spinach, thylakoids could curb cravings when consumed in a concentrated formula, according to a new study. Thylakoids are found in the cells that conduct photosynthesis — the process in which plants

convert energy from the sun into energy for them to live. When consumed, they release satiety hormones, which slows fat digestion, according to the study, published in the Journal of the American College of Nutrition. RELAXNEWS

## TALK SHOW

# CBC TV co-host dies at 49

Design personality Chris Hyndman, an accidental TV star best known for his on-screen and off-screen partnership with fellow decorator and husband Steven Sabados, has died.

CBC announced the news Tuesday and took the duo's daily lifestyle series Steven and Chris off the air out of respect for Hyndman's friends and family. Hyndman was 49.

His sudden passing drew condolences from famous colleagues across the industry, including good friend Jeanne Beker who called Hyndman one of her closest friends.

"When my marriage broke up in 1998 Chris scraped me off the floor," an emotional Beker recounted by phone from New York.

Toronto police say Hyndman was found without vital signs in a laneway just east of Toronto's downtown core shortly after 11 p.m. on Monday.

Police are not appealing for witnesses, though it remains a "completely open investigation," said Toronto police Det. Terry Wray.

THE CANADIAN PRESS/WITH FILES FROM TORSTAR NEWS SERVICE



From left, Steven Sabados, Theresa Albert and Chris Hyndman. CONTRIBUTED

## REMEMBERING A FRIEND, COLLEAGUE

**Metro's food columnist Theresa Albert, who was a regular guest on Steven and Chris for five years, shares her fond memories of Chris Hyndman.**

Chris had that special way of making you feel like the only person in the room.

I remember arriving at CBC for the show and having him beam his brilliant smile and say, "Hey, gorgeous!"

Chris always set the tone of the show from the minute of arrival as a cheery place to be. I could always count on him for

comic relief when things were show-biz intense.

Once, when Steven and I were trying to meticulously cook and get important news on sodium conveyed, Chris — who could be counted on for hijinks, or a silly quip — dropped his spoon, pretended to cut himself and cunningly ate some potato chips on my "Do NOT eat" side of the table. He would do anything just to get my goat and guffaw.

A spoonful of Chris's goofy sugar was sure to help my medicine go down.

# NERDS ON SITE

BUSINESS TECHNOLOGY PARTNERS

## Did you know?

We service thousands of small and medium sized businesses around the world with the best technology solutions available.

**If tech-stress strikes at your business, see how we can help with affordable rates & support packages**

**1-877-MY-NERDS (696-3737)**

# \$30<sup>†</sup>

Coupon\*

## Have a tech-ache?

We're your Residential & Business Technology Partners

## 96.5% CLIENT SATISFACTION RATING

**Leave the Nerdy work up to us!**

**403.483.4358 or 403.471.8082**

**nerdsonsite.ca**

Limit to one coupon per customer. Copyright © 2015 Nerds On Site. All Rights Reserved.

# WITH MAZDA3, THE PERFECT ROUTE TO THE COTTAGE IS THE LONGEST ONE.

It's the crisp summer breeze from a rolled-down window.  
The playful shimmer of a highway mirage.  
A strawberry-scented breeze on a country curve.  
This is summer driving in Canada.  
Packed full of innovations like SKYACTIV TECHNOLOGY that prioritizes fuel efficiency without sacrificing driving performance, no other vehicle takes advantage of every moment more than the MAZDA3.  
Because driving matters.



MAZDA3 sedan  
GT model shown

## MAZDA'S SUMMER DRIVE EVENT

FEEL THE SUMMER EXHILARATION  
FIRST HAND IN A MAZDA3 - CANADA'S  
MOST AWARDED CAR EVER.†



MAZDA3 Sport  
GT model shown

### 2015 MAZDA3 GX

SEDAN BI-WEEKLY LEASE OFFER FROM  
**\$97\*** at **2.49%** APR with **\$0** DOWN  
for 60 months. Taxes extra.



## CANADA'S BEST NEW-VEHICLE WARRANTY

3-YEAR  
NEW VEHICLE  
UNLIMITED MILEAGE WARRANTY

3-YEAR  
ROADSIDE ASSISTANCE  
UNLIMITED MILEAGE

**Mazda**

**UNLIMITED\***

STANDARD ON ALL 2015 AND 2016 MODELS.

5-YEAR  
POWERTRAIN  
UNLIMITED MILEAGE WARRANTY

7-YEAR  
ANTI-PERFORATION  
UNLIMITED MILEAGE WARRANTY

*zoom-zoom*



**READY TO ROLL** Our pre-delivery commitment means every new Mazda is inspected, gassed up and fitted with floor mats. †Based on total Automobile Journalists Association of Canada (AJAC) Category wins (various) up to the 2014 model year. ‡Lease offers available on approved credit for new 2015 Mazda3 GX (D4XK65AA00) with a lease APR of 2.49% and bi-weekly payments of \$97 for 60 months, the total lease obligation is \$12,628 including down payment of \$0. Maximum \$60.27 PPSA and first monthly payment due at lease inception. 20,000 km lease allowance per year, if exceeded, additional 8¢/km applies. 24,000 km leases available. Offered leasing available to retail customers only. Taxes extra. All prices include \$6.25 AMVIC Fee, max. \$20 new tire charge, \$100 a/c fee where applicable, block heater, and freight & PDI of \$1,695. As shown, price for 2015 Mazda3 GT (D4TL65AA00) is \$28,323. \*To learn more about the Mazda Unlimited Warranty, go to [mazdaunlimited.ca](http://mazdaunlimited.ca). Licence, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid August 1 - 31, 2015, while supplies last. Lease and finance on approved credit for qualified customers only. Prices and rates subject to change without notice. Visit [mazda.ca](http://mazda.ca) or see your dealer for complete details.



# GLA 250 built for bumpy roads



## REVIEW

**Higher ground clearance, AWD are pluses, but interior could be better**

**Jill McIntosh**  
For Metro

Mercedes-Benz made its name in North America by selling large luxury cars, but in recent years, the company and its premium-brand rivals have been introducing the smaller and lower-priced models that have been a mainstay in Europe for years. For 2015, it adds an all-new compact crossover, the GLA.

The GLA shares its platform and much of its interior design with the CLA-Class four-door sedan, and is available as my tester, the GLA 250, starting at \$37,200. You can also get the sportier and more powerful GLA 45 AMG, beginning at \$50,500. Both use 4Matic all-wheel drive, but unlike on most Benz products, it runs primarily in front-wheel drive, sending up to 50 per cent of power to the rear wheels only when it determines that they're slipping.

The GLA 250 uses a turbocharged 2.0-litre four-cylinder

engine with seven-speed automatic transmission. It's peppy enough right off the line, but the transmission isn't always smooth. It also shifts into the highest gears as soon as possible for fuel economy, and the GLA can feel a little wrung-out after that initial burst. However, you can use the wheel-mounted paddle shifters for more transmission control.

The ride is very firm, bordering on harsh, but on the plus side, the GLA's all-wheel drive and higher ground clearance actually work very well on rougher roads such as cottage trails.

This is a compact vehicle and so the interior's a bit tight, but the seats are very supportive, and the rear seats fold down to increase the cargo capacity. My tester had several option packages on it, which added such things as automatic climate control, navigation, rearview camera, blind spot monitor, and power lift-gate, bringing it to \$45,175. That also included some handsome optional aluminum trim, but the GLA's cabin includes a lot of hard, plain plastic, and the interior overall didn't quite look as upscale as the price.

Buyers can also consider Mercedes-Benz's B-Class hatchback, which isn't quite as sporty-looking, but comes with the same engine and starts at \$31,300 in front-wheel, or \$33,500 in all-wheel drive.

**“It's peppy enough right off the line, but the transmission isn't always smooth.”**

## THE CHECKLIST | 2015 MERCEDES-BENZ GLA 250

### THE BASICS

**Type.** Four-door, five-passenger compact hatchback  
**Engines (hp).** 2.0-litre turbo four-cylinder (208)  
**Transmission.** 7-speed dual-clutch automatic  
**Price.** Base \$37,200, as-tested \$45,175 (plus destination)

### COOL FEATURES

- Automatic engine idle shut-off
- Off-road downhill speed regulation
- Heated windshield washers
- Rain-sensing wipers
- 12-way power-adjustable front seats
- Automatic brake hold
- Available panoramic sunroof
- Available bi-xenon headlamps



JILL MCINTOSH/FOR METRO

### POINTS

- The GLA's transmission uses two internal clutches, rather than a torque converter, for faster shifts and better fuel efficiency.
- The optional rearview camera hides under a cover when not needed, providing a clear picture in rain or snow.
- The tablet-style infotainment screen is on top of the dash to keep the user's eyes up and toward the road.

### MARKET POSITION

Several premium-brand automakers are offering lower-priced and entry-level vehicles, appealing both to new customers who haven't been able to move into the higher-priced offerings, or existing ones adding a second car alongside a higher-level one.

## THE COMPETITION



**BMW X1**  
Base price: \$36,990



**Audi A3 Sportback TDI**  
Base price: \$36,600



**Infiniti QX50**  
Base price: \$34,950

## COMBUSTION

# Small Audi engine with a big punch

Audi has developed a new 2.0-litre engine with a revised combustion cycle for its new A4 compact sedan, claiming it to be the most efficient engine in the class thanks to a “rightsizing” approach.

With a shorter intake time and high compression, the turbocharged four-cylinder produces 190 horsepower and 236 pound feet of torque while delivering a claimed 4.9 l/100 km.

WHEELBASE MEDIA



## + RENEWABLE ENERGY

### G7 leaders commit to end fossil-fuel use, eventually

The leaders of the G7 countries, which include the United States and Canada, say they will use their collective influence to try to end global fossil-fuel consumption by the end of this century.

Their intent, they say, is to cut usage by 40-70 per cent from 2010 levels by 2050, with the remaining consumption to end completely by 2100.

The leaders' declaration called for an end to fossil-fuel

subsidies and investments to encourage the use of renewable energy in developing countries.

**\$5.3T**

**The International Monetary Fund, also a part of the G7, states such subsidies are costing world governments \$5.3 trillion US per year when costs related to climate change are included.**



[illegible]

**NOW AVAILABLE**



**0% FINANCING  
FOR 48 MONTHS**

# GET UP TO

**\$10,000**  
**IN TOTAL DISCOUNTS**



Starting from price for  
2015 Ram 1500 Sport shown: \$39,765<sup>9</sup>

# CANADA'S MOST FUEL-EFFICIENT TRUCK EVER\*\*

# 3 FOR FREE

**WE'LL MAKE  
YOUR FIRST  
3 BI-WEEKLY  
PAYMENTS\*  
AUGUST 1<sup>ST</sup> TO  
AUGUST 31<sup>ST</sup> ONLY**

**2015 RAM 1500 QUAD CAB SXT 4X4** **\$162**  
**\$29,398** BI-WEEKLY?  
 PURCHASE PRICE  
 INCLUDES \$8,500  
 CONSUMER CASH.\*  
 \$1,500 LOYALTY/  
 CONQUEST BONUS  
 CASH<sup>†</sup> AND FREIGHT.  
 FINANCE  
 FOR @ **3.49**  
 FOR 96 MONTHS  
 WITH \$0 DOWN

**PURCHASE PRICE  
INCLUDES \$8,500  
CONSUMER CASH,\*  
\$1,500 LOYALTY/  
CONQUEST BONUS  
CASH<sup>n</sup> AND FREIGHT**

## FINANCE FOR

**@ 3.49%**  
FOR 96 MONTHS  
WITH \$0 DOWN

# CANADA'S LONGEST-LASTING DIESEL PICKUP\*

**NOW GET 0% FINANCING<sup>†</sup> ON A 2015 RAM HEAVY DUTY**



**BEST-IN-CLASS TOWING**  
UP TO  
**30,000 LB**

**NOW AVAILABLE**



**GUTS-GLORY**  **RAM**

**RAMTRUCKOFFERS.CA**

# Putting the rock in Rolls-Royce's Wraith

## SPECIAL EDITION

### One-off model plays off the carmaker's role in music history

Luxury carmaker Rolls-Royce has a very sound idea for its latest special-edition car.

Behold the Rolls-Royce Wraith "Inspired by Music"

— a one-off model based on its GT coupé developed to celebrate the marque's role in the mythology of rock 'n' roll.

For so many aspiring and established musicians, the Rolls-Royce is the vehicular symbol of having made it, and over the past 50 years everyone from John Lennon and Elvis Presley to Noel Gallagher and Kanye West has rolled with a Rolls.

To highlight this relationship and in a nod to the fin-

est internal components in a sound system, the company has created a Lyrical Copper exterior finish for the car that catches and bends the light differently at different angles thanks to a combination of brushed and polished textures.

The copper theme continues inside with similarly coloured door panel inserts and even book-matched copper tone veneers. Interior surfaces have also been treated so that they

have a tactile, vinyl record-like feel.

However, the most impressive element of this car is not what can be seen; rather it's what can be heard.

The Wraith "Inspired by Music" boasts a truly bespoke audio system that took two years to develop and was built from scratch by some of the world's leading audio engineers working alongside Rolls-Royce craftsmen.

It has 1300W of power and an 18-channel audio system and uses two large bass speakers, seven tweeters and seven mid-range speakers. The sound they generate together is then complemented by two further "exciter" speakers mounted in the car's headlining closer to ear-level. The finished aural effect is meant to be as close to experiencing music in a live venue as possible.

"Wraith 'Inspired by Music'"

appeals to those looking to Rolls-Royce for unique and creative motor cars," said Torsen Müller Ötvös, chief executive officer for Rolls-Royce Motor Cars.

"Its effortlessly cool appearance complements the superior bespoke audio system; the contemporary use of copper creates an atmospheric setting for the most encompassing music system on the market." AFP



## HOUSE OF CARS

SALES / SERVICE / FINANCE

# \$0

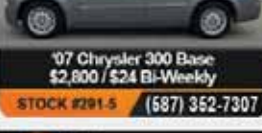
## NO PAYMENTS (O.A.C) UNTIL FEBRUARY 2016

Visit one of our 4 dealership locations today or find us online at [www.houseofcarscalgary.com](http://www.houseofcarscalgary.com) to apply today!

Please see based on vehicle only. Monthly House Fee and GST extra O.A.C. All bi-weekly payments are calculated at 4.99% interest over 60/72/84 months depending on year of vehicle. Total cost of credit based on an interest rate of 4.99% over 84 months will be approximately \$1,251.19. Customer pays the minimum payment for the full term. Each individual's credit will result in different cost of credit amounts.

**DOWN PAYMENT**

- Over 400 Vehicles In Stock
- Payments Starting at \$29 Per Week
- 6 Months No Payments O.A.C.
- Exclusive Credit Rebuilding Program

|                                                                                                                                                                                     |                                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>09 BMW 328i xDrive</b><br/>\$19,800 / \$168 Bi-Weekly<br/>STOCK #540-4 (403) 454-5794</p> |  <p><b>15 Buick Verano</b><br/>\$21,800 / \$185 Bi-Weekly<br/>STOCK #314-3 (587) 352-7307</p>                |  <p><b>14 Ford Mustang</b><br/>\$29,800 / \$253 Bi-Weekly<br/>STOCK #541-4 (403) 454-5794</p>                |  <p><b>11 Range Rover Sport Supercharged</b><br/>\$46,800 / \$398 Bi-Weekly<br/>STOCK #908-1 (587) 352-7307</p> |
|  <p><b>07 Chrysler 300 Base</b><br/>\$2,800 / \$24 Bi-Weekly<br/>STOCK #291-5 (587) 352-7307</p> |  <p><b>2014 Mercedes-Benz C300 4MATIC</b><br/>\$34,800 / \$296 Bi-Weekly<br/>STOCK #525-4 (403) 454-5794</p> |  <p><b>07 Acura RDX w/ Technology Pkg</b><br/>\$14,800 / \$104 Bi-Weekly<br/>STOCK #988-3 (403) 457-2244</p> |  <p><b>14 Subaru Legacy 2.5i</b><br/>\$22,800 / \$194 Bi-Weekly<br/>STOCK #279-5 (587) 352-7307</p>             |
|  <p><b>14 Dodge Ram 1500</b><br/>\$31,800 / \$270 Bi-Weekly<br/>STOCK #313-5 (587) 352-7307</p>  |  <p><b>15 Mitsubishi Outlander ES</b><br/>\$26,800 / \$228 Bi-Weekly<br/>STOCK #528-4 (403) 454-5794</p>     |  <p><b>15 Ford Fusion SE</b><br/>\$22,800 / \$194 Bi-Weekly<br/>STOCK #278-5 (587) 352-7307</p>              |  <p><b>15 Toyota Corolla CE</b><br/>\$20,800 / \$177 Bi-Weekly<br/>STOCK #984-3 (403) 457-2244</p>              |

**Easy 30 Second Online Application**  
[WWW.HOUSEOFCARSCALGARY.COM](http://WWW.HOUSEOFCARSCALGARY.COM)

House of Cars Inc. is a Licensed MFIC with a retail dealer



## HOUSE OF CARS

SALES / SERVICE / FINANCE



The "Inspired by Music" Wraith has a Lyrical Copper finish and an 18-speaker bespoke audio system. ROLLS-ROYCE MOTOR CARS

## + AMPING UP THE TUNES

Even though Rolls-Royces are famed for their sound-proofing and in-cabin peacefulness, the company has also employed active

noise-cancelling technology via microphones that register external sounds and automatically adjust the music to compensate.

## ENTERTAINMENT

### Retro arcade racing fuels new games

Three games are poised to take on '80s- and '90s-inspired arcade racing with renewed vigour, looking to classics like OutRun and Ridge Racer for authenticity and inspiration.

#### Power Drive 2000

**Date:** May 2016  
**Platforms:** Mac, Windows, Linux, PlayStation 4  
Megacom Games' Power Drive 2000 is the most free in its interpretation of '80s style. Shiny and well-textured roads, glossy vehicle exteriors, and period design motifs filtered through a mid-2010s perspective make for plenty of neon on show.

#### Slipstream

**Date:** Q3 2015  
**Platforms:** Mac, Windows, Linux

Slipstream's revisiting of early '90s racing standards pursues a 3D effect using 2D graphics only, for genuine period feel. Just as in OutRun, drivers choose from two roads after completing each stage, en route to their ultimate destination.

#### Drift Stage

**Date:** Late 2015  
**Platforms:** Mac, Windows, Linux  
Drift Stage takes influence from the mid-'90s, when flat sprite graphics were being replaced by blocky 3D polygons. Its references expand to OutRun 2, Ridge Racer and Daytona USA; it's all about taking corners at high speed, tires squealing and steering wheel jammed into an opposite lock.  
AFP



**REVVED TO MOVE**  
The remaining 2015 Nissans are going fast.

GET UP TO **\$8,500**

**CASH DISCOUNTS**  
ON SELECT 2015 MODELS  
\$8,500 AVAILABLE ON  
SELECT 2015 ARMADAS



**CURRENT NISSAN OWNERS QUALIFY FOR UP TO AN ADDITIONAL \$1,000\*\* LOYALTY CASH ON SELECT MODELS**

VISIT **CHOOSENISSAN.CA** OR YOUR LOCAL RETAILER • **ENDS AUGUST 31<sup>ST</sup>**

[illegible]

# Next generation of stars takes nothing for granted

## HOCKEY

### Strome, Marner and Sanheim driven to make world jr. team



Travis Sanheim, left, and Mitch Marner GETTY IMAGES

When Travis Sanheim was cut from Canada's world junior hockey camp nine months ago, the coaching staff told the young defenceman they expected him to be a crucial piece to the 2016 team. He watched his would-be teammates win gold on home ice.

Dylan Strome and Mitch Marner were watching, too, eager to see respective Ontario Hockey League teammates Connor McDavid and Max Domi put on a show on the biggest junior stage.

Those three players and others, including forward Michael Dal Colle and defenceman Jeremy Roy, arrived at Canada's world junior summer camp in Calgary with plenty of expectations on themselves to make the 2016 team, and Strome, Marner and Sanheim should be among the go-to players in Helsinki.

But they're all reluctant to think of themselves as the next

generation of stars because they're several months away from even earning a spot on Canada's roster.

"I don't think you expect anything, and you don't take anything for granted," Sanheim said in a phone interview Monday.

"It's Team Canada. It's the greatest hockey country in the world, and it's going to be a tough team no matter what."

**No one cares where you got drafted, no one cares who you got drafted to.**

Dylan Strome

The 2015 team was impossible to make, especially for 17-year-olds. Only McDavid, who went first in the NHL draft to the Edmonton Oilers, and winger Lawson Crouse, a fellow top-10 pick, could claim that distinction.

So as disappointed as he was, Sanheim realized why he was one of the final cuts last December, and Strome and Marner got why they were passed over for camp invites. Now they're expected to get big roles and are



Dylan Strome won the OHL scoring title last season with the Erie Otters. AARON BELL/OHL IMAGES

motivated by that.

"We both wanted to make that team," Marner said of himself and Strome. "Such skilful forward lines that when we didn't make it I think we both understood our chances next year. Both of us are on a line this year for this camp."

"We've got to leave our footprint. I think we're both willing to do that."

Leaving a footprint is important because coach Dave Lowry said the summer camp is just the beginning of the evaluation process. Roster spots aren't assured for Strome, the third pick to the Arizona Coyotes, or Marner, who went fourth to the Toronto Maple Leafs, even though they went 1-2 in OHL scoring last season.

"No one cares where you got drafted, no one cares who you

got drafted to," said Strome, who along with Marner scored a goal in Canada's 4-1 win against Russia in exhibition action Monday night. "It's about showing what you got at camp and what you got during the season, and if they think you're good enough to go to (main) camp, then you've got to prove it again at Christmas-time to make the team."

THE CANADIAN PRESS

## IN BRIEF

### World Rowing to seek viral tests for Rio water

The head of the governing body of world rowing said Tuesday he will ask for viral testing at the rowing venue for next year's Rio Olympics, and he expects all other water sports in Rio to follow suit.

The move comes after an Associated Press investigation last week showed a serious health risk to about 1,400 Olympic athletes who will compete at water venues around Rio that are rife with human waste and sewage. Following AP's study, the World Health Organization advised the International Olympic Committee to analyze viral levels in Rio waters.

"Together with the WHO and the IOC, we're going to follow what they say," Matt Smith, CEO of World Rowing, told AP. "We will ask that viral testing is done. If there is a problem, we will react. It's our moral duty."

THE ASSOCIATED PRESS

### Doping allegations a 'declaration of war' against track and field: Coe

Describing the latest doping allegations levelled against track and field as a "declaration of war," Sebastian Coe rushed to the defence of the IAAF's drug-testing system Tuesday and

said it was time to "come out fighting" to protect the reputation of the sport.

In an exclusive interview with The Associated Press, Coe gave his first extensive comments following reports by German and British media outlets alleging that the IAAF had failed to act on suspicious blood tests involving hundreds of athletes over a 10-year period.

"This, for me, is a fairly seminal moment," said Coe, an IAAF vice-president. "There is nothing in our history of competence and integrity in drug-testing that warrants this kind of attack. We should not be cowering. We should come out fighting."

THE ASSOCIATED PRESS



Sebastian Coe GETTY IMAGES



**JAYS GET LEGS UP ON TWINS** Blue Jay Edwin Encarnacion slides into second base with a double against the Twins' Brian Dozier on Tuesday at Rogers Centre. Josh Donaldson and Troy Tulowitzki hit solo homers and the Jays won 3-1. Toronto has won the four-game series' first two legs and six of its last seven games overall. STEVE RUSSELL/TORSTAR NEWS SERVICE

## MLB

### Sanchez, Gibbons suspended

Major League Baseball suspended Toronto pitcher Aaron Sanchez for three games and manager John Gibbons for one game Tuesday as part of the fallout of a testy game between the Blue Jays and the Kansas City Royals.

MLB also fined Sanchez an undisclosed amount for intentionally throwing a pitch at Alcides Escobar with warnings in place during the top of the eighth inning of Toronto's 5-2 win Sunday. Sanchez denied intentionally hitting Escobar, arguing his pitch just got away.

**If I wanted to send a message I would've sent a message to their big guys.**

Aaron Sanchez

Sanchez said he won't speak on the suspension until after his appeal was heard by MLB.

"Hopefully they'll chip that down a little bit," said Gibbons

about Sanchez's punishment. "But I think that's kind of automatic too after warnings when you get ejected for hitting a guy."

Gibbons was suspended for returning to the field following an ejection. He missed Tuesday night's home game against Minnesota.

Although he was allowed to set the lineup and address media before the game, Gibbons had to leave the clubhouse area before the opening pitch and was unsure of where in the stadium he'd watch the game against the Twins. THE CANADIAN PRESS

## RECIPE Pork Loin with Pineapple Mango Salsa



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman

#### Serves 4.

#### Ready in

Prep time: 20 minutes  
Cook time: 20 minutes

#### Ingredients

- 1lb pork tenderloin
- 1 Tbsp Dijon mustard
- 1/2 cup fresh diced pineapple
- 1/2 cup diced mango
- 3 Tbsp finely diced onion
- 3 Tbsp finely diced red bell pepper
- 3 Tbsp finely diced green bell pepper
- 1/4 cup finely chopped cilantro or basil
- 1 Tbsp freshly squeezed lemon juice
- 2 tsp orange juice concentrate
- 2 tsp honey
- 2 tsp olive oil

#### Directions

1. Preheat oven to 400 F.
2. In a large skillet sprayed with vegetable oil, sear pork tenderloin for about two minutes per side or until browned. Place on baking sheet lined with foil. Rub mustard all over pork. Bake for about 15 to 20 minutes or until internal temperature reaches 145 F for medium. Let sit covered while preparing salsa.
3. To make the salsa: Place the pineapple, mango, onion, red and green pepper, cilantro, lemon juice, orange juice concentrate, honey and oil in a bowl and mix to combine.
4. Slice the pork into medallions and garnish with salsa.

#### Nutrition per serving

- Calories 190
- Protein 24 g
- Total fat 5 g
- Cholesterol 75 mg
- Sodium 150 mg

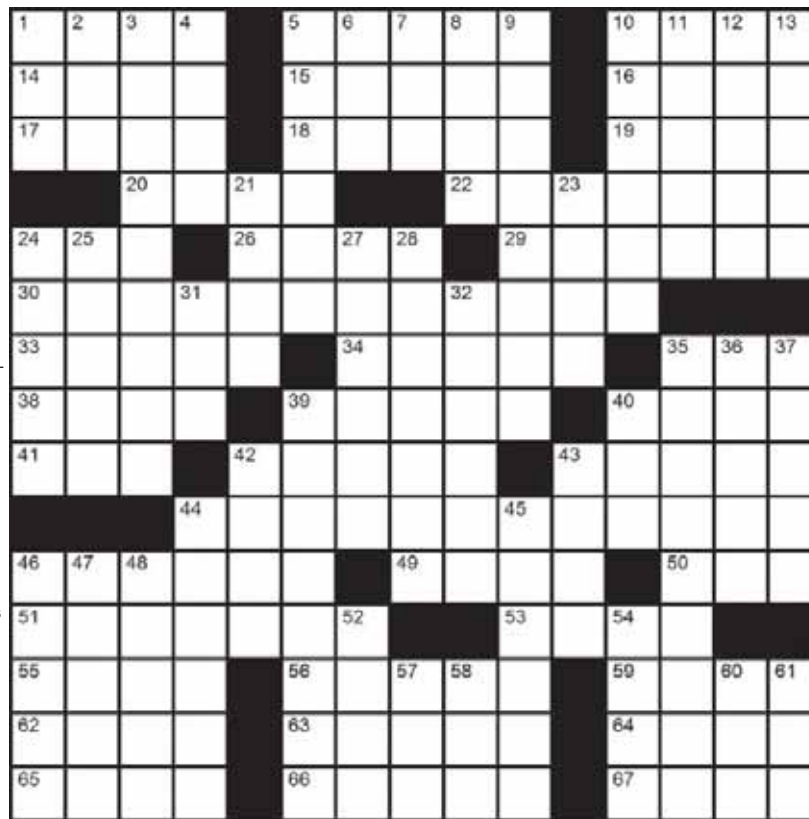
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Bandmate to Anthony Kiedis
5. Camouflage colour
10. Laddie's love
14. Curser's word!
15. Hawkeye State denizen
16. Ruler measurement
17. Not much, just \_ \_
18. Comb parts
19. Buffalo type
20. Name things on a pad
22. SPF lotion wearer's avoidance
24. "Halo" songstress, to fans
26. Put a 'roof' on a room
29. 1980s hairstyle
30. Concern for a cross-border shopper: 2 wds.
33. Flight segment
34. Persons, places and things
35. Dry, as wine
38. Misjudges
39. Shampooing direction
40. Jane Austen novel
41. Road covering
42. Annoy: 2 wds.
43. Without the extras
44. California setting of Canadian actor Jason Priestley's 1990 to 2000 series: 2 wds.
46. Calm
49. Kaput
50. Sanction



51. Singer/actress Ms. Chenoweth
53. Whispery word
55. Content or data, briefly
56. Abate: 2 wds.
59. Like an acorned tree

62. Elevator, to a Brit
63. Baggy, as clothing
64. Ice mass
65. Not as much
66. Door sign
67. Comparable

### DOWN

1. U.S. health-related agcy.
2. Research \_
3. Canadian painter, b.1871 - d.1945: 2 wds.
4. \_-inflammatory

5. Baby cat
6. Furrow maker
7. \_-inspiring
8. Kit \_ (Some chocolate treats)
9. Brutish
10. Legally accountable

11. Void
12. Sports game outcome
13. Shall not
21. Stitches reminder
23. Pecans
24. Badger
25. Bonus
27. Light with a match
28. Musician/poet Mr. Cohen from Montreal
31. Howdies
32. Wind moving through tree leaves sound
35. Party conversation: 2 wds.
36. Mr. Hirsch of acting
37. Able, archaically
39. Rise and shine signaller in the military
40. The 'E' in REO, as per REO Speedwagon
42. Fine fellow
43. High degs.
44. Stupefies
45. Fido, when emitting a high-pitch bark
46. Talent
47. Bert's pal
48. Bits of jazz
52. City sign's light
54. Couch
57. Small fry
58. Bring into play
60. Garden pond fish
61. Languish

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
For each thing you have lost over the past few weeks you have gained something much more valuable, and with each apparent failure you have made long-term success more likely.

**Taurus** April 21 - May 21  
You will tell others what you think of them today. However, you could be too honest for your own good. Be truthful about their good points, but play down their bad if possible.

**Gemini** May 22 - June 21  
You have given a lot in recent weeks and you will be expected to give even more today. Where affairs of the heart are concerned there is no limit to your generosity and, somehow, the more you give the more you get.

**Cancer** June 22 - July 23  
These may be difficult times but it's not as bad as you like to make out. Put your work and well-being first today and start doing things that will help make your dreams come true.

**Leo** July 24 - Aug. 23  
No matter how difficult the past few weeks, the next few will more than make up for them. It will start to go right for you again and your confidence will come flooding back.

**Virgo** Aug. 24 - Sept. 23  
If you have any errands to run then get on them now because you won't have time later in the week. Besides, you will want to spend time and energy on more personal things. How's your love life?

**Libra** Sept. 24 - Oct. 23  
Money matters have been a source of both joy and despair in recent weeks. Now you can see what needs to be done to return to profitable ways. So do it.

**Scorpio** Oct. 24 - Nov. 22  
Your mind may be full of big ideas but are they good ideas? You will accomplish more if you focus on one thing at a time and put the rest out of your mind.

**Sagittarius** Nov. 23 - Dec. 21  
Many things you have been worrying about will resolve themselves in your favour. Look back over the past few months and work out where you went wrong. It's never too late to learn.

**Capricorn** Dec. 22 - Jan. 20  
If you get the chance to socialize today you are strongly advised to forget about work and have fun with friends. Later in the month you will become a lot more reserved, so get the most from your social life now.

**Aquarius** Jan. 21 - Feb. 19  
You may have missed out on a chance to move up in the world but will be more opportunities in the near future. People in positions of power are looking to be impressed.

**Pisces** Feb. 20 - March 20  
You seem to have more options than you know what to do with. For a Pisces it can be a problem. Select a goal and stick with it.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

7/21

**We want YOUR opinion!**

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

[metronews.ca/panel](http://metronews.ca/panel)

**metro**

**Adventure! Teach English Overseas**

- > TESOL Certified in 5 Days
- > In-Class or Online
- > No Degree Required!

**1.888.270.2941**

**Job Guaranteed!**

Next in-class course: August 26<sup>th</sup> - 30<sup>th</sup>, 2015  
Next Seminar: August 13<sup>th</sup>, 2015 @ 7pm

Travelodge University Hotel - 2227 Banff Trail NW

[www.globaltesol.com](http://www.globaltesol.com)

**GLOBAL TESOL COLLEGE**  
Real English Worldwide

**MYSTIC EYE** SPIRITUAL READINGS

**57 YEARS EXPERIENCE**

**100% GUARANTEED RESULTS**

Specializing in reuniting loved ones  
Removes all bad luck spells & negative energy

**100% guaranteed results**

**403.228.2258**

**SOLVE ALL PROBLEMS OF LIFE**

**PALM TAROT ENERGY READINGS**

**COME IN TODAY FOR A BETTER TOMORROW**

**SPECIAL 1/2 PRICE READINGS**

BY APPOINTMENT ONLY

**BIG4**HELD  
OVER  
UNTIL  
AUGUST 5**3 FOR FREE**WE'LL MAKE YOUR  
FIRST 3 BI-WEEKLY  
PAYMENTS\*

ON SELECT NEW VEHICLES ONLY

**BIG4**

# SPECIAL UPGRADE SALE

**PLUS! 0% FINANCING FOR UP TO 72 MONTHS ON SELECT 2015 VEHICLES.**

## CALGARY'S BEST JEEP DEAL!

NOT A CAR BUT A REAL JEEP FOR UNDER \$15,000!

### 2015 JEEP PATRIOT SPORT

MANUAL TRANSMISSION • CRUISE CONTROL • BLUETOOTH  
ABS • 16-INCH WHEELS AND MORE!

15J299

**\$14,990**

OR PAY \$91 BIWEEKLY

## CALGARY'S BEST 4X4 DEAL!

OVER A DOZEN AVAILABLE. LOADED WITH THE FEATURES YOU WANT!

### 2015 JEEP PATRIOT 4x4

AUTO • A/C • BLUETOOTH • CRUISE • ROOF RACK • CUSTOM BLACK ALLOYS  
FOG LAMPS AND MUCH MORE!

15J290

**\$19,990**

OR PAY \$121 BIWEEKLY

## OUR MOST-POPULAR CHEROKEE... FOR LESS!

WE SELL MORE OF THESE THAN EVER AND NOW AT NEW LOW PRICE!

### 2015 JEEP CHEROKEE V6 4x4

THE OPTIONS YOU WANT! BACKUP CAM • HEATED SEATS  
HEATED STEERING WHEEL • 9-SPEED AUTO • REMOTE START AND MORE!

15J422

**\$27,990**

OR PAY \$155 BIWEEKLY

## CALGARY'S ORIGINAL JEEP STORE DOES IT AGAIN!

NORTH AMERICA'S HOTTEST SUV AT CALGARY'S LOWEST PRICE!

### 2015 JEEP CHEROKEE LIMITED

LOADED WITH EVERY AVAILABLE OPTION! LEATHER • "PANO" SUNROOF  
NAV • LUXURY PACKAGE • TOW PACKAGE • TECH PACKAGE AND MORE!

15J528

**\$39,990**

OR PAY \$220 BIWEEKLY

JERRY PETERSON  
10 YEARSSCOTT CLAY  
4 YEARSDAN MILLS  
21 YEARSJORDAN RODRIGUEZ  
10 YEARSNINA KIM  
24 YEARSJOE CHIARELLO  
40 YEARSAARON SNOW  
8 YEARSMICHAEL C. BOUDREAU  
10 YEARSGLEN BARRETT  
45 YEARSROB COLEMAN  
20 YEARSGERY NOGU  
DEALER PRINCIPAL  
30 YEARSMARTIN VENNERI  
SALES MANAGER  
8 YEARSDARCY SCHIROVICH  
SALES MANAGER  
10 YEARSRIP BURNETT  
10 YEARSAHMED MAWOJUD  
8 YEARSPHIL LAWRENCE  
22 YEARSJOHN OUELLET  
13 YEARSJIM HARRISON  
22 YEARSMICHELLE MORGAN  
10 YEARSDOROTHY THOMPSON  
20 YEARSBRUCE GIFFIN  
10 YEARSSTACY ROGOWSKI  
4 YEARS**CALGARY'S MOST-EXPERIENCED TEAM HAS THE ANSWERS!**

7330 MACLEOD TRAIL S. NORTH OF HERITAGE DR.

**(403) 451-6193 www.BIG4MOTORS.com**

AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. 3FOR FREE OFFER APPLIES TO SELECT NEW 2015 MODELS ONLY. 2015 MODEL BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 4.99% (2.99% FOR CHEROKEE) WITH \$0 DOWNPAYMENT. COB=\$6,007.14 (15J290). ALL REBATES TO DEALER. VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

